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Tuesday, May 31, 2016 [metro.us](http://metro.us) | t: MetroNewYork | f: MetroNewYork

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Metro readers react to top 10 NBA players list. 26



Bolaris: Hot and stormy this summer. 2

Your bra wardrobe is growing up. 22

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# GEN Z IS PUTTING MILLENNIALS TO SHAME

They're practical, risk-takers and  
they don't expect loyalty. 24



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## 3 THINGS YOU NEED TO KNOW

### VERIZON, UNION AGREE ON PAY RAISES, NEW JOBS TO END STRIKE

**I**A tentative agreement between Verizon Communications and unions to end a nearly seven-week strike includes 1,400 new jobs and pay raises topping 10 percent, the company and unions representing about 40,000 workers said on Monday. Verizon, the No. 1 U.S. wireless provider, and the Communications Workers of America had reached a tentative deal on Friday. Details for the new four-year contract were disclosed on Monday. The CWA said Verizon agreed to provide a 10.9 percent raise over four years while Verizon put the increase at 10.5 percent. It was not immediately clear why the two sides reported different percentages. Nearly 40,000 network technicians and customer service representatives of the company's Fios Internet, telephone and television services units walked off the job on April 13. **REUTERS**



### SHOOTING RAMPAGE IN HOUSTON LEAVES TWO DEAD, SIX WOUNDED

**2**Police in Houston killed a gunman on Sunday in a chaotic shootout that left one other person dead, six wounded — including two officers — and set off a fire at a nearby gas station when bullets struck a gas pump, authorities said. Witnesses reported that a gunman approached a man who had just pulled up to an auto detail shop and opened fire with a pistol, police spokesman John Cannon said. "It appears that it was a random, unprovoked attack," Cannon said. The victim, a male in his 50s, died, he said. The gunman fired on the first officer to respond to the scene, riddling his car with bullets, including many that struck the windshield, Cannon said. **REUTERS**

### JAPAN ON ALERT FOR POSSIBLE NORTH KOREA MISSILE LAUNCH

**3**Japan put its military on alert on Monday for a possible North Korean ballistic missile firing, while South Korea also said it had detected evidence of launch preparations, officials from Japan and South Korea said. Tension in the region has been high since North Korea conducted its fourth nuclear test in January and followed that with a satellite launch and test launches of various missiles. Japan ordered naval destroyers and Patriot anti-ballistic missile batteries to be ready to shoot down any projectile heading for Japan, Japan's NHK state broadcaster said. A Japanese official, who declined to be identified as he is not authorized to speak to the media, confirmed the order. A spokesman for Japan's defense ministry declined to comment. **REUTERS**



The coming summer should provide lots of chances to get a suntan. **GETTY IMAGES**

# HOT WEEKEND, HOT SUMMER AHEAD

We had an early blast of summer over the past few days as the mercury soared to 90 degrees in many locations throughout the Northeast, along with an early season tropical storm named Bonnie.

Bonnie was the second-named storm this season — Hurricane Alex formed way back in January. Keep in mind the hurricane season doesn't officially start until June 1 and continues through Nov. 30.

My long-range hurricane outlook for 2016 was published in Metro back in April. I predicted a very active one, going

#### Bolaris' Weather Watch



against the majority of the hurricane experts who are predicting a below-average to average hurricane season.

The summer ahead should be an unseasonably hot one, as once dominant El Niño (warming of the equatorial Pacific) is rapidly cooling and transforming into La Niña, just the opposite of El Niño. Past weather climatology indicates that La Niña episodes

normally translate into hot summers here in the Northeast, but there are other factors as well.

Global warming will add more fuel to the fire. (Yes, global warming is real and our extremes in weather will continue to be unprecedented during our lifetimes and beyond.) The Atlantic Ocean water temperature is heading above normal, which will keep coastal areas a bit above normal.

One of my concerns with La Niña is that it actually releases the lid that El Niño puts on the hurricane season by stifling tropical development. La Niña will enhance tropical development. So

#### New York

**Today:** Developing afternoon sun. High 85

**Wednesday:** Beautiful. High 76

**Thursday:** Terrific. High 75

**Friday:** Few showers. High 72

**Saturday:** Scattered showers. High 77

lather up with sunscreen and be prepared to sweat your thermometer off.





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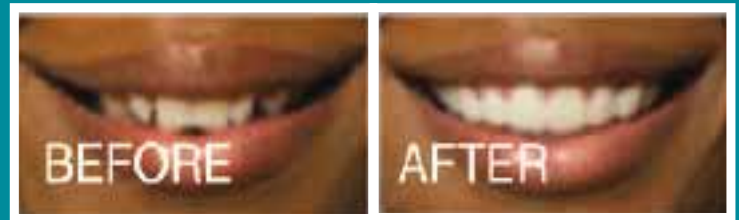
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# Tours guided by locals take visitors and residents backstage in the Big Apple

Local Expeditions allows individuals to design their own tours and will help guides get licensed.



ANGY ALTAMIRANO  
@MetroNewYork  
letters@metro.us

If you're visiting New York, or even if you live here and just want to get to know the city better, there are plenty of tours of Times Square, the Statue of Liberty, the best places to eat and historic places.

But if you really want to get backstage in the Big Apple, you have to ask a local.

Brooklyn resident Nancy Blaine started Local Expeditions last year and calls the company an "anti-tour" because the excursions offered are designed by locals looking to share the stories of their neighborhoods through their eyes.

"If you haven't seen the Statue of Liberty, you better. If you haven't seen the Empire State Building, do it. But that's not what we are doing," Blaine said. "We are here to show you the other side."

Through Local Expeditions, individuals come up with a plan for a guide through a particular area they choose. Blaine goes over the plans and the only requirements are that the tour takes three hours and 10 percent of the \$40 ticket price goes



Local Expeditions founder Nancy Blaine leads a tour on May 27 around Dumbo in Brooklyn. ALL PHOTOS BESS ADLER

to buying clients refreshments.

Another 15 percent goes to the website and 5 percent gets donated to a local nonprofit of the guide's choice which, according to Blaine, continues Local Expedition's mission of being truly local. The rest is kept by the guide.

"What you are offering is a local experience, I am not asking you to be a history expert,"

she said. "What I'm telling people is this is your game, do what you want."

Although anyone is able to apply to be a guide and offer a tour, in New York City tour guides are required to be licensed.

However, Blaine added that she doesn't want the potential guides to worry because she will help them in every step of the way to get

their licenses — part of which requires taking a 150-question exam with subjects ranging from transportation knowledge to city history.

"I say to them, 'Listen, you just do the creative part and I'll go in and take a look at the legal part,'" she said. "What I want to do is take the pain out of it."

So far, Local Expeditions has offered

tours of Prospect Park and Park Slope brownstones, SoHo gardens — led by a garden designer, Cabrini Heights/Fort Washington, hidden gems and treasures of Central Park, power walk through Prospect Park, photographing Coney Island, and riding CitiBike through the bridges and local sites in Dumbo, Brooklyn.

Tours are limited to a maximum of 10 people, keeping them intimate and also preventing congestion of communities and causing disruptions.

"I also wouldn't want to bring a million tourists into your neighborhood or a huge double decker bus," Blaine said. "You don't want to have your neighborhood ruined."

With an expected 59.7 million visitors expected to make their way to New York City this year, the plans are to continue to expand the tours to other boroughs in the city.

Blaine added that the tours are also open to local New Yorkers looking to learn more about

their city and currently groups are made up of about half tourists and half locals.

"I think [the] name itself, 'locals tour,' is a reason to take this tour in itself. She's giving us what most people wouldn't see," said New Yorker Kira Zay who took a tour led by Blaine in Dumbo on May 27. "They would go to the touristy, Instagram spots. This is a little more personal and she is showing some of her favorite things."

Blaine's future plan is to not restrict Local Expeditions only to New York City. She said she hopes the company's website will be the platform for these local tours to stretch nationwide.

Currently there is one tour being offered in Boston, with plans to expand, and also ideas are going around to start tours in New Hampshire.

"I want it to be a name that spreads across the country," she said. "Like Airbnb, where people look for these particular tours in other cities."

Additional reporting by Bess Adler



Jane's Carousel in Dumbo, Brooklyn

# Largest MTA spending plan in NYS history gets the final green light

Part of the \$27 billion, five-year capital program includes renovations at 31 subway stations across the New York metro area.



ANGY ALTAMIRANO  
@MetroNewYork  
letters@metro.us

A plan to transform New York's transportation network into a more reliable and updated system over the next five years got the final thumbs up needed to become a reality.

Gov. Andrew Cuomo announced earlier this week that the \$27 billion 2015-2019 MTA Capital Program — which includes investments to renew, enhance and expand the transit network — received the final approval from the Capital Plan Review Board.

Straphangers can look forward to more buses and subway cars as well as a facelift for dozens of subway stations.

The approval of the plan marks the largest investment in MTA infrastructure in New York state history.

"The MTA is the lifeblood of the New York metropolitan area's transportation network and we must ensure it has the capacity to meet the travel demands of the next generation and fuel one of the largest economies on the globe," Cuomo said. "By investing in the most robust transportation plan in state history, we are reimagining the MTA and ensuring a safer, more reliable and more

resilient public transportation network for tomorrow."

The five-year plan — combined with already existing initiatives — will bring more than 2,340 buses and 1,450 subway cars to the MTA network.

Part of the plan includes renovating a total of 31 subway stations throughout the New York metro area by December 2018. The MTA is currently looking to approve design-build teams that would start the repairs.

The subway station renovations will include dramatically improving lighting, including more signs to make it easier for commuters to get around stations; offering cellular connectivity and Wi-Fi; and new art.

Other parts of the plan include building four new Metro-North stations in underserved areas in the Bronx and also bringing Metro-North to Penn Station.

The investments will also help begin the extension of the Second Avenue Subway to East Harlem; continue adding a second track along 18 miles of the Long Island Rail Road between Farmingdale and Ronkonkoma; and quicken the plan to create a new fare payment system replacing MetroCards.

"With historic levels of funding through the capital plan, we have the resources and support we need to fulfill the governor's mandate to renew, enhance and expand our transportation infrastructure," said Tom Prendergast, MTA chairman and CEO.



Part of the plan includes renovating a total of 31 subway stations throughout the New York metro area by December 2018. FLICKR/DAN DILWORTH

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GETTY IMAGES

# Teen killed, 13 hurt in weekend gunfire spree

Violence erupted  
across the  
boroughs.



ALEXIS SACHDEV  
@MetroNewYork  
letters@metro.us

A teenager was killed, and 13 people were hurt, two critically, in a string of shootings that erupted in the city late Saturday and continued into Sunday night, the New York Daily News reported.

## Saturday

**10:30 p.m.:** The violence began in a Bronx park, when three men were shot and injured as a fraternity hosted a cookout nearby.

A 23-year-old man was shot three times in the stomach, a 20-year-old was hit once in the stomach and a 19-year-old was shot in the left leg in Van Cortland Park, near Broadway and West 242nd Street, police told the Daily News.

A witness said he heard six or seven shots, and then thousands fled the park in the chaotic scene.

**11 p.m.:** A motorcyclist opened fire on the Long Island Expressway in what police are calling a road-rage incident.

The victim, driving an SUV, was shot three times in the left arm and was rushed to New York Hospital. There are no suspects in custody.

## Sunday

**1:30 a.m.:** A gunfire-detection system brought police to East 183rd Street and Crotona Avenue in Belmont, where a 19-year-old man was critically wounded, the New York Post reported.

Brandon Rivera was struck once in the chest and once in the arm, and was taken to Saint Barnabas Hospital. The New York Daily News reported that Rivera died of his wounds.

Police recovered a gun and shell casings at the scene, but the shooter remains at large.

**2:45 p.m.:** A Brooklyn man was shot three times while playing basketball at the El Shabazz Playground in Bedford-Stuyvesant, police said. The Post reported that the victim, Gahard Larkins, was expected to survive, but has been uncooperative with investigators.

**9:30 p.m.:** At 111th Street and First Avenue, a 25-year-old man was shot in the stomach following a dispute with another man, Pix 11 reported. Police said the suspect fled the scene toward Second Avenue.

The victim was transported to New York Hospital in stable condition.

**10:50 p.m.:** Police responded to find three men had been shot at 115th Street and 118th Avenue in Queens. They were taken to the hospital in stable condition.

Several minutes later, police responded to another call in Queens, where two men were shot, one in the leg and the other in the stomach. The incident occurred at 91-60 110th St. Both victims were taken to Jamaica Hospital in stable condition.

**11:18 p.m.:** A 25-year-old man was shot in the head while sitting in a parked car on Prince Street near Vanderbilt Ave on Staten Island. He was rushed to Richmond University Medical Center in critical condition.

Police said no arrests have been made in any of the shootings.

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People enjoy a private party on board of a luxury yacht at the Portals Port on August 09, 2015 in Palma de Mallorca, Spain GETTY IMAGES

# Spain tourism surge brings backlash

On the walls of the grand old houses of this Balearic port which attracts millions of foreigners every year, a new kind of graffiti has flourished: "Tourists go home."

Although still a minority protest, it points to tensions in Palma de Mallorca and elsewhere in Spain over rising numbers of visitors who are propelling the economy but also disrupting the lives of locals and straining services from transport to water.

With tourism accounting for 12 percent of economic output and 16 percent of jobs, Spain can ill afford a backlash.

Long a popular beach destination, this year Spain is drawing record numbers of visitors who are shunning destinations where security is a concern, notably Tunisia, Egypt and Turkey.

The surge has helped the country recover from recession and alleviate a jobs crisis. But, for many Spaniards, the jump in tourism has a downside.

"They want to turn us into a theme park, a place you close the doors on at night because no one lives there," said Luis Clar, who heads an association in the La Seu neighborhood of Palma de Mallorca, home to its main monuments.

Here the city council has recently banned parking near the sandstone cathedral, where

vehicles on its sea-facing esplanade were deemed an eyesore.

But losing that parking space has forced many families living in the area's narrow alleys to park much further afield or spend hours circling, Clar said. Most streets are narrow and often filled with sightseers. One couple had recently left the area as a result, Clar said.

In the Balearics off Spain's eastern Mediterranean coast, nearly a third of employment depends on the sector. It accounts for nearly half the economic output, more than in any other region. The local economy has just recovered to its pre-crisis level after a five-year downturn.

Yet unease over the boom is spreading among the population.

In drought-prone island Ibiza, water reserves are getting tight and in rural Menorca fears are mounting that natural beauty-spots risk being spoiled.

On one day last August, the population across the Balearics nearly doubled, reaching a record 2 million.

The latest data from March shows visitors to the archipelago were up nearly 50 percent from 2015 in that month alone, swelled by arrivals from Britain in particular. All-inclusive holidays for the peak summer months are selling out.

REUTERS

## BRIEF

**Turkey's Erdogan accuses Russia of arming PKK militants**  
Turkish President Tayyip Erdogan has accused Russia of providing anti-aircraft weaponry and rockets to militants of the outlawed Kurdistan Workers Party, government officials said on Monday, confirming reports in local media.

Speaking to reporters on board his airplane after a visit to the southeastern province of Diyarbakir over the weekend,

Erdogan accused Moscow of transferring weaponry to the PKK via Iraq and Syria, the pro-government Star newspaper said.

"At this moment, terrorists are using anti-aircraft guns and missiles supplied by Russia. The separatist terrorist organization is equipped with these weapons. They have been transferred to them via Syria and Iraq," the newspaper reported Erdogan as saying.

The "separatist terrorist organization" is a Turkish government term for the PKK, which has waged a three-decade insurgency against the state that has left more than 40,000 people dead, mostly PKK militants in the largely Kurdish southeast.

Two Turkish government officials confirmed Erdogan's comments, but Russia said Turkey must show proof for its claims.

While Erdogan has previously castigated Russia for its

support of Kurdish fighters in Syria, the latest comments appear to be the first time he has accused Moscow of supplying arms to the PKK, seen as a terrorist group by Turkey, the United States and Europe.

Responding to the accusation, Russian Deputy Foreign Minister Mikhail Bogdanov was quoted by Interfax news agency as saying: "When someone says something, let them show evidence." REUTERS

Notice: Advertisement for 505 St. Mark's place published on 5/27 contained an error. The correct number of available 2 bedroom units is 12.

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4 people	\$36,515 - \$51,780

\* Rent includes gas for cooking.  
\*\* Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.  
\*\*\* Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

#### How Do You Apply?

Apply online or through mail. To apply online, please go to [nyc.gov/housingconnect](http://nyc.gov/housingconnect). To request an application **by mail, send a self-addressed envelope to: St. Marks Place, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

#### When is the Deadline?

Applications must be postmarked or submitted online no later than **July 26, 2016**. Late applications will not be considered.

#### What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

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**簡體中文**

請到 [nyc.gov/housingconnect](http://nyc.gov/housingconnect) 在线申請。如欲在中文下申請，請將此廣告的簡體中文翻譯，寄到地址：St. Marks Place, 87-14 116th Street, Richmond Hill, NY 11418。信封背面請寫明 "CHINESE"。此廣告及下日期之前送達之申請書均須在信封背面註明 "CHINESE"。

**Русский**

Чтобы подать заявление на аренду онлайн, зайдите на сайт: [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Для получения данного объявления или заявления на аренду языка испанского языка с обратным адресом по адресу **St. Marks Place, 87-14 116th Street, Richmond Hill, NY 11418**. На обратной стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или почтой (конверт должен быть помечен словом "RUSSIAN") не позднее **26 июля 2016**.

**한국어**

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**العربية**

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# White House back to normal after partial lockdown



Emergency personnel in protective suits walk to the northeast gate to the White House from Pennsylvania Avenue during a security lockdown of the White House grounds on Monday in Washington, D.C. GETTY IMAGES

The partial lockdown on the Memorial Day holiday occurred while President Barack Obama was home.

The north side of the White House was placed on a security lockdown on Monday because of a suspicious package, a Secret Service official said.

Reporters were not allowed to leave the White House compound through its northwest gate and flashing lights from emergency responders could be seen nearby.

The official said hazardous material checks were being made.

Local news radio station WTOP reported that one person was in custody, citing a federal law enforcement official.

The White House has returned to "normal operations" after a partial lockdown triggered when an individual threw a metal object over the fence, a U.S. Secret Service spokesman said on Monday.

"An individual threw a metal object over the north fence line at the White House. Secret Service Uniformed Division officers immediately ap-

prehended the individual without incident. All protective sweeps of the metal object were met with negative results," spokesman Shawn Holtzclaw said in an emailed statement.

Obama had visited Arlington Cemetery earlier in the day as part of the annual commemoration for armed services members.

REUTERS

## BRIEFS

### Ohio zoo defends shooting of gorilla after boy fell in enclosure

The director of the Cincinnati Zoo on Monday stood by the decision to shoot dead a gorilla as he dragged a 4-year-old boy around by the ankle, saying the ape was not simply endangering the child who fell into his enclosure but actually hurting him.

"Looking back, we would make the same decision" to shoot the gorilla, Thayne Maynard, director of the Cincinnati Zoo & Botanical Gardens, told a news conference.

"The gorilla was clearly agitated. The gorilla was clearly disoriented," Maynard said.

The boy's head was banging on the concrete as he was being dragged through the enclosure, which was one factor in the decision to shoot Harambe, the Western lowland gorilla, whose species is listed as endangered.

Animal lovers mobilized on Monday as outrage mounted over the killing.

More than 200,000 people had signed online petitions on Change.org to protest the shooting. Some petitions urged police to hold the child's parents accountable.

REUTERS

### Former Zurich Insurance boss Martin Senn kills himself

Former Zurich Insurance boss Martin Senn has committed suicide six months after leaving the company under a cloud, a tragedy that comes less than three years after Zurich's finance chief took his own life.

Senn, 59, shot himself at his family's Alpine resort home in Klosters, Swiss newspaper Blick reported. He had quit as chief executive of Zurich in December following a series of profit warnings and a botched takeover of British rival RSA.

"Martin Senn's family has informed us that Martin committed suicide last Friday," the company said in a statement on Monday.

His death follows the suicide of Zurich's finance chief Pierre Wauthier in August 2013, which brought into sharp focus the pressures facing senior corporate executives in Switzerland and elsewhere.

Wauthier, 53, killed himself after writing a suicide note addressed "To whom it may concern" in which he described becoming demoralized by what he called a new, more aggressive tone at Zurich under then-Chairman Josef Ackermann. REUTERS

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# Judge criticized by Trump unseals documents in Trump University case

Trump is fighting a lawsuit that accuses his school venture of misleading thousands of people who paid up to \$35,000 for seminars to learn about the billionaire's real estate investment strategies.

A judge, called a "hater" by Donald Trump for his handling of a lawsuit related to the businessman's Trump University real estate school, has unsealed documents related to the case.

In an order signed on Friday, U.S. District Judge Gonzalo Curiel said that materials, including Trump University procedures on dealing with students and the media,

should be unsealed.

He noted they had already been published by the media organization Politico and that a magistrate judge described them previously as "routine" and "commonplace."

At a rally in San Diego on Friday, Trump criticized Curiel for his handling of the Trump University case.

"I have a judge who is a hater of Donald Trump. A hater. He's a hater," Trump said.

"We're in front of a very hostile judge. The judge was appointed by Barack Obama," Trump said, adding he believed Curiel was Mexican.

Curiel is an American who was born in East Chicago, Indiana, and graduated from the Indiana University School of Law.

Legal scholars said



Donald Trump, the presumptive Republican presidential nominee. GETTY IMAGES

Trump could face consequences for slamming the judge, although many speculated that Curiel was unlikely to sanction him formally.

"Mr. Trump's conduct could be subject to sanction for indirect criminal contempt of court," said

Charles Geyh, a legal ethics expert at the Indiana University Maurer School of Law.

"He has impugned the honesty of the judge in a pending case, and has done so in the context of a political rally that seems calculated to

intimidate by inciting anger among his supporters," he said.

Arthur Hellman, an expert on federal courts and judicial ethics at the University of Pittsburgh School of Law, said the judge was in a difficult position.

"He can't respond directly. He's not supposed to talk out of court about proceedings before him. Judges have gotten into trouble defending themselves from attacks. The judge's hands are really tied," he said.

REUTERS



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# BRACE FOR IMPACT

What's the difference between the Stanley Cup playoffs and this presidential race? I'm pretty sure someone will lose some teeth in one. The other involves ice skating. Here are my three things to watch this week in politics.

## CALIFORNIA, HERE WE COME

While the Golden State primaries do not happen until June 7, this week all eyes will be on the West Coast. Many Dems hoped it would be a formality for their party like it will be for the Repubs. But Hillary Clinton is once again struggling to shake off a strong surge by Bernie Sanders, and if she stumbles the fault lines in the Democratic Party could grow even deeper. But she needs to tread carefully: Sanders' loyal followers seem to dig in harder every time a Clinton supporter takes a swipe at them, and I'll repeat what I've said before — she needs them all if she's going to take the nomination and survive Typhoon Trump.

## I FOUGHT THE LAW

It's becoming a pattern. Republican Donald Trump books an arena, thousands of admirers show up, and the whole shebang is met by scores of angry protestors. So far most of the clashes with lawmen trying to keep the peace have been

## TOM FOREMAN

### Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."



relatively benign. But I've been around this kind of thing, and I fear the growing violence between protestors suggests one of these affairs could get way out of hand. Whichever side you're on, watch yourself, kids. Pretty much everyone is fine with a peaceful protest, but broken noses aren't Democratic or Republican — they just hurt.

### WARMING THE LEFTOVERS

If you think you've heard the last of Clinton's email troubles, or the kerfuffle about a possible Trump/Sanders debate (which, as of this writing, is dead) well...you haven't. We're entering that part of the campaign where every potentially damaging item will be paraded through the streets beneath torches and pitchforks as long as possible. Get used to it. The only thing that will push one scandal out of the headlines between now and November will be the next one. Sigh.



Anti-Trump protesters GETTY IMAGES



PHOTO BY EVAN SUNG

## ICC graduate Bobby Flay

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## BRIEF

**Strikes, protests pose new headache for Paris tourism**

As Paris tourism struggles to overcome last November's Islamist extremist attacks, the world's most visited city faces a new threat: a wave of protests and further planned strikes, tourism officials warned on Monday.

Labor unions have scheduled stoppages that threaten to disrupt transport for millions of visitors and fans hoping to follow the Euro 2016 soccer tournament from June 10 onwards, after weeks of violence-marred street protests against planned labor reforms.

"The scenes of guerrilla-type action in central Paris, beamed around the world, reinforce the feeling of fear and misunderstanding from visitors in an already angst-filled climate," Frederic Valletoux, head of the Paris region tourist board said in a statement on Monday.

"There is still time to save the tourist season by putting an end to these blockades that are being shown the world over."

Evelynne Maes, head of the UMIH-Paris-Ile de France hotel federation, told Reuters that bookings for June to August were down 20 to 50 percent from a year ago.

French trade association GNI said in a statement last week it feared "massive" booking cancellations by foreign tourists.

"A strike of that scope a few weeks before Euro 2016 and at the heart of the tourist season is more than unacceptable," it said.

The tourist board issued the warning a few hours before French authorities began a new campaign to bolster the appeal of the French capital to foreign visitors.

Foreign Minister Jean-Marc Ayrault, Paris Mayor Anne Hidalgo and Ile-de-France region Vice-President Jerome Chartier joined forces at the Eiffel Tower to promote Paris as a safe and attractive destination.

"I believe that a spirit of responsibility will prevail. We will find a solution through dialogue. Our country has a real tradition of hospitality," Ayrault said, when asked about possible disruption to the Euro tournament.

France, which is seeking to revive its economy, depends heavily on tourism, which generates over 7 percent of national gross domestic product and over 13 percent of that of the Ile-de-France region, which includes Paris.

REUTERS

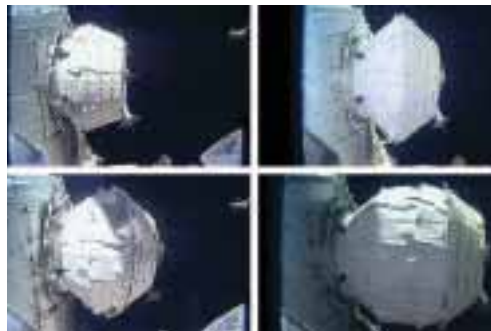
# Prototype space station module inflated on NASA's second try

Astronauts aboard the International Space Station inflated an experimental fabric module that may provide a less expensive and safer option for housing crews during long stays in space, a NASA TV broadcast showed.

Designed and built by privately owned Bigelow Aerospace, the Bigelow Expandable Activity Module, or BEAM, is the first inflatable habitat to be tested with astronauts in space.

Las Vegas-based Bigelow Aerospace previously flew two unmanned prototypes. Lightweight inflatables are far less costly to launch than traditional metal modules. They also may provide astronauts with better radiation protection.

NASA is looking at future inflatable modules to be used by crews on three-year missions to the planet Mars.



The BEAM expansion took several hours today as astronaut Jeff Williams sent two dozen pulses of air into the expandable module. NASA TV

Working from inside the space station, astronaut Jeff Williams began inflating BEAM by opening a valve to release air into the module.

Williams told flight controllers he heard short popping sounds, which NASA commentator Dan Huot said were stitches inside the module ripping apart as designed when BEAM began to expand.

Over the next seven hours, Williams continued to feed bursts of air into BEAM until it gradually unfurled. Eight tanks of air inside the module then opened to fully inflate BEAM to the size of a small bedroom, a 10-fold increase in volume.

Williams and his crewmates will wait about a week before entering the module to install ra-

diation, temperature and other sensors, NASA said.

An initial attempt to inflate BEAM on Thursday failed, most likely because of friction within the module's layers of fabric, foam and reinforced outer covering, NASA said.

"It's a learning process," Huot said. Everything will influence the design and operation of expandable habitats in the future."

NASA plans to keep BEAM attached to the station, a \$100 billion research laboratory that flies about 250 miles above Earth, for two years to see how it fares in the harsh environment of space.

Bigelow Aerospace aims to fly inflatable space modules 20 times larger than BEAM that can be leased out to companies and research organizations. REUTERS

## Feet Hurt? Bunions? Hammertoes? Heel Pain?

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- My toes aren't straight—they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly—sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
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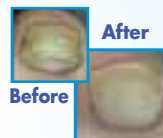
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# Netanyahu says willing to discuss Arab initiative for peace with Palestinians

Israeli Prime Minister Benjamin Netanyahu held out the prospect on Monday of reviving a 2002 Arab peace initiative that offers Israel diplomatic recognition from Arab countries in return for a statehood deal with the Palestinians.

Netanyahu's comments were a formal response to a speech last week by Egyptian President Abdel Fattah al-Sisi, who promised Israel warmer ties if it accepted efforts to resume peace talks.

"The Arab peace initiative includes positive elements that can help revive constructive negotiations with the Palestinians," Netanyahu said, echoing comments he made a year ago to Israeli reporters.

"We are willing to negotiate with the Arab



Benjamin Netanyahu GETTY IMAGES

states revisions to that initiative so that it reflects the dramatic changes in the region since 2002 but maintains the agreed goal of two states for two peoples," he added.

His comments were made also in English in a speech that was mostly in Hebrew — a device Netanyahu often uses when he wants to make a statement to the international community.

Netanyahu spoke mo-

ments after ultra nationalist Avigdor Lieberman was sworn in as Israel's new defense minister and Israel's fragile right-wing coalition gained vital support in parliament.

Lieberman concurred and Netanyahu appeared to indicate that the new far-right defense minister's inclusion in the government did not spell an end to peace efforts with the Palestinians.

The original Arab plan offered full recognition of Israel but only if it gave up all land seized in the 1967 Middle East war and agreed to a "just solution" for Palestinian refugees.

But in 2013, after the initiative's terms were softened to include possible land swaps between Israel and the Palestinians, Netanyahu signaled a readiness to consider it. REUTERS



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# Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

## Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

**New York City** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment of cancer,"* noted the clinic director at the Downtown Medical in New York City. *"The same holds true for treating knee arthritis pain. I believe we are having so much success at Downtown Medical because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

**What is the "correct treatment?"**

*"That depends,"* said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

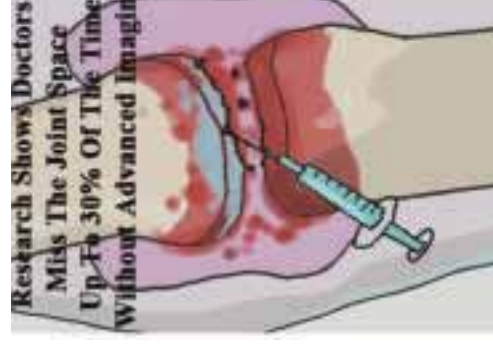
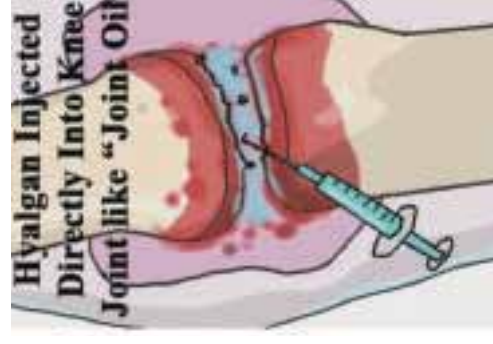
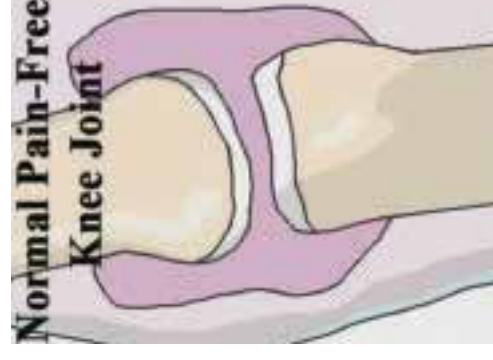
The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at Downtown Medical use advanced imaging technology called a "C-Arm."

A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imaging and did not get good results - this may be why.

*"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."*



**Can This Be Avoided?** Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



**Everyone Wants Proof:** In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

**Pain** - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

**Successful Treatment** - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

**Failed Treatment** - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.



# Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

## Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to Downtown Medical New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

### Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

### Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

### Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

**Why You Should Try This Even IF You've Already Had Similar Treatments Without Results...**

*"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video fluoroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without fluoroscopy miss the joint up to 30% of the time."* said the director of Arthritis Treatment at Downtown Medical.

Downtown Medical is a state of the art medical facility offering only the best technology.

**And that's not all** - Downtown Medical has a complete knee relief program called "P.A.C.E." to make sure you get the most pain relief and the best possible results from treatment.

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Shark attacks in 2016 are expected to reach an all-time high, according to the University of Florida's shark expert George Burgess. GETTY IMAGES

## Suspected shark attacks in Florida, California over holiday weekend

There were a record 98 shark attacks worldwide last year, including 59 in the United States. Six were fatal worldwide, including one U.S. fatality in Hawaii. Of the U.S. attacks, 51 percent took place in Florida, according to University of Florida website.

Two people were injured in suspected shark attacks in Florida and California over the Memorial Day holiday weekend, but beachgoers returned to nearby ocean waters on Monday, officials said.

On Sunday, a 13-year-old boy was bitten on the right leg in Neptune, Florida, east of Jacksonville, and a woman in Newport Beach, California, was bitten on her torso and arms, accord-

ing to police and local media reports.

"Even though we can't confirm it was a shark attack, we're treating it as a shark attack," Newport Beach Fire Department Lifeguard Battalion Chief Michael Halphide said of the California attack.

"I don't think there's a whole lot of doubt that these will be considered unprovoked shark attacks," said George Burgess, a shark expert at the University of Florida. "These are entirely predictable things just as you can predict drownings or car accidents as a result of this being a huge holiday weekend."

Officials closed a 5-mile stretch of beach in Newport Beach on Sunday but reopened a 2-mile piece on Monday as lifeguard patrol boats and police helicopters searched for sharks, Halphide said. If any are found, they will be observed but not caught or killed, he said.

Still closed on Mon-

day was Corona del Mar State Beach, located in Newport Beach, where the incident occurred, as well as some adjacent coastline.

"We expect good crowds, probably more than 75,000 people this holiday," Halphide said.

In Florida, Neptune Beach remained open the day after the 13-year-old was attacked just before 3 p.m. by what was described as a 5-foot shark, police said.

Cellphone video on NBC's "Today" program showed blood spattered sand as the boy was treated by rescuers.

The Memorial Day holiday weekend signals the unofficial start of the U.S. summer vacation and beach season.

The increase of shark attacks, Burgess said, is due to shark populations slowly recovering from historic lows in the 1990s, the world's growing human population and rising temperatures that lead more people to go swimming. REUTERS





ALL PHOTOS GETTY IMAGES

## Johnny Depp's first wife doesn't believe Amber Heard

Last week, Amber Heard filed for divorce from her husband of 15 months, Johnny Depp, accusing the star of hitting her with a cellphone and being abusive throughout their relationship.

Lori Anne Allison, who was married to Johnny Depp from 1983 to 1985, has come forward to defend her former husband, saying that he "isn't capable of hurting anyone" and "would never lay a hand on a woman," TMZ reports.

She describes Depp as a "soft person" who never got physically abusive with her or even

screamed.

Allison, then a makeup artist, married Depp when she was 25 and he was 20. Though their marriage only lasted for two years, the pair remains friends and talked recently when she offered her condolences after the death of Depp's mother.

Depp is currently on tour with his band Hollywood Vampires in Europe and is definitely not shying away from the stage despite current legal drama.

the word

JENNIFER LOGUE  
jennifer.logue@metro.us

## Adele buys a swanky SoCal mansion

After reportedly getting ready to sign a \$130 million record deal with Sony (which would be the biggest record deal of all time for a female artist), Adele purchased a 6,600-square-foot home in Beverly Hills, which includes four bedrooms, six bathrooms, a pool, treehouse and even an outdoor train set.

The property lists for \$9.9 million, but



the 28-year-old singing sensation nabbed it for \$9.6 million. Her new

neighbors will include fellow A-listers Jennifer Lawrence, Ashton Kutcher and Cameron Diaz.

Although the mansion is hers, Adele won't be moving in right away due to her nonstop touring schedule which has her performing through November. Looks like "rolling in the deep" has turned into "rolling in deep pockets" for this young star.

## Keira Knightley criticized by former director

In an interview with The Independent, John Carney, who directed Keira's 2013 film "Begin Again," blasts the actress for her lack of acting skills as well as for having a "constant entourage."



He says: "Keira's thing is to hide who you are and I don't think you can be an actor and do that."

"I don't want to rubbish Keira, but you know it's hard being a film actor and it requires a certain level of honesty

and self-analysis that I don't think she's ready for yet and I certainly don't think she was ready for on that film."

Talk about burning a bridge! Safe to say these two won't be working together anytime soon.

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# Ian McKellen: Acting isn't that difficult

The legendary actor talks "The Dresser" and finally getting to work with Anthony Hopkins.



MATT PRIGGE  
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Ian McKellen is already besties with Patrick Stewart. Why not Anthony Hopkins, too? The two English legends of stage and screen appear together in "The Dresser," a Starz TV movie take on Ronald Harwood's beloved 1980 play. Hopkins plays a grouchy, aging, self-destructive stage favorite whose latest performance of "King Lear" may be his last. McKellen takes on the role of his longtime "dresser," who has spent decades helping him backstage. Incredibly, it's the first time the two Sirs have worked together, despite being in the same National



Sir Ian McKellen plays the longtime assistant to an esteemed stage actor (Anthony Hopkins) in "The Dresser," a TV movie that just premiered on Starz. STARZ

Theater company when they were younger.

McKellen, newly 77, talks to us from London about his own stint as Lear in 2007, and being glad he didn't become a movie star until later in life.

It's amazing you and

Anthony Hopkins have never worked together before.

There aren't many scripts for two stage actors where they have equally good parts. I can think of "Othello" or "Uncle Vanya." And then there's "The Dresser." But there aren't many opportuni-

ties. So if anyone wants to see us together they have to write a script.

**Your characters have spent most of their lives working together. How do you convey that deep history together?**

[Long pause] It's called acting, isn't it, really? [Chuckles] You basically learn the lines and use your imagination. Not as difficult as it seems.

**"The Dresser" takes place during a performance of "King Lear," which you did in 2007. How were your experiences doing it back then?**

It's very rewarding, of course, but it's not easy. You can't play King Lear unless you get a cast of remarkable actors in all the other parts. It's not a one-man show. But Lear is the highest pinnacle in the range of Shakespeare's mountains. Still, I don't think there's ever been a Lear who was

ever satisfied with his performance. A number of actors returned to it. [Laurence] Olivier played it twice, John Gielgud played it three times. Maybe I'll go back to it sometime.

**You're a movie star now, but you weren't doing a ton of film until the 1990s, when you were in your 50s. Were you averse to movies?**

I think I've made a film a year for the last 60 years. But you might not have seen them because they're

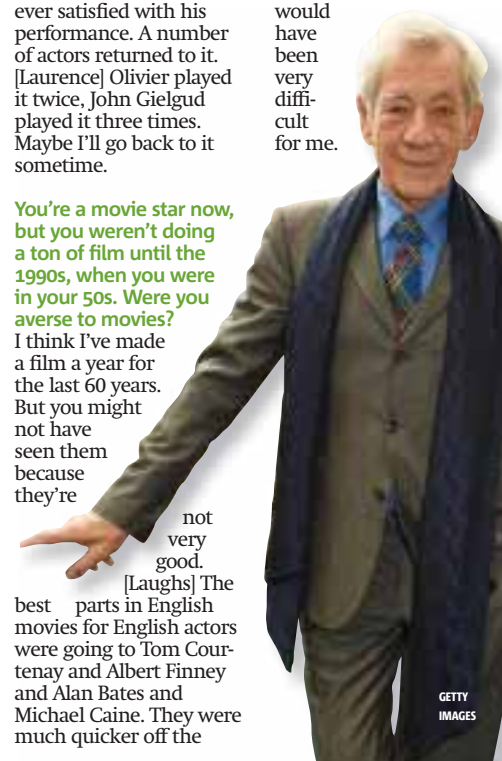
not very good.

[Laughs] The best parts in English movies for English actors were going to Tom Courtenay and Albert Finney and Alan Bates and Michael Caine. They were much quicker off the

mark than I was. It didn't worry me. I was enjoying being in the theater. I wasn't a frustrated film actor at all. But by the time films came my way I was competent enough to discover film acting, which is not the same as theater acting. I just had to do a number of smallish parts to prepare myself.

**Do you think it was best to find fame later in life?**

By that point the fame that comes with big movies was something I could handle. I'm very lucky — very, very lucky. I don't know how young actors who become very famous or celebrated do it. It would have been very difficult for me.



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# Get it from your mama

How to buy and style "mom" jeans that actually look good.



RACHEL RACZA  
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There's no need to ask Mom for her '90s hand-me-downs to fulfill your hip-hugging, high-waisted denim dreams this summer — designers have finally made this fit into the accessible, crowd-pleaser that you need. After decades of stretchy skin-tight denim, Citizens of Humanity creative director Catherine Ryu says this new silhouette — shed of its disparaging label, the "mom jean" — is here to stay. "The skinny won't go away tomorrow, but it's no longer a fashion item," she tells us. "There's a definitive trend toward pants and jeans becoming looser and wider and we think this is the perfect go-to." But how can you make it work for you? We asked the experts for some tips for finding your most flattering fit.

## Watch your back

The placement of a back pocket makes huge difference. Ryu says that the longer rise on superhigh-waisted denim can cause your butt to look too long and frumpy. "We made the pockets bigger and the placements are perfect and flattering," she says of the label's Liya High Rise Classic Fit jeans. She wouldn't give away the secret sauce, but a wider, square pocket



Pictured, top, Liya High Rise, \$268, CitizensofHumanity.com. GETTY; CITIZENS OF HUMANITY

placed strategically over the bum, angled out slightly toward the hips seem to provide the aesthetic the Liya boasts.

## Shape up

Creating length with styles as voluminous as the "mom" is the key to not looking too bottom-heavy. "A lot of brands are having the issue where they're creating shapes that are too baggy," explains Alejandro Chahin, founder of New York-based denim startup Mott & Bow, which actually offers a complimentary backup size option for its customers. "You want to create some space in the thigh and butt, but you want it to be slimmer than a boyfriend fit." Chahin's label recently expanded into women's denim and rolled out a slim-boyfriend option that

skirts the body with a straight fit. "We gave it a 32-inch inseam so you can roll at the ankle — it'll give the perception that you have longer legs," he adds.

## Waist not, wear not

Likewise, creating definition around your middle makes all the difference with this throwback denim — because unlike the slimming skinny or the balancing bell, mom jeans are ... not built to flatter. Making sure the cut flatters your waistline — doesn't dig in, fold over or run too loose — is also key to finding your perfect pair. Ryu explains, "It should feel cozy right above the belly button." Plus, it's about finding the perfect pairing, "It's about creating a waistline," she continues. "Try cropped tops, or be sure that you're tucking your shirt in to accentuate the waist."

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# Bras every woman needs

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**TINA CHADHA**  
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Have you taken a serious look at your lingerie drawer lately? Do you still have bras from college hanging out in there? Are those holes in your favorite lacy number? Or is your posture just terrible? It's time for an edit.

We hit up one of our favorite lingerie boutiques, Rigby & Peller, formally known as Intimacy, for five updates to make ASAP. Lingerie styling expert Jennifer O'Connell picks out the essentials.

## T-shirt bra

Wearing a white T-shirt to work? A T-shirt bra — a smooth bra you can wear under a thin top without it showing through — will be your best friend. "You don't want anyone staring," says O'Connell.

MARIE JO JANE BRA, \$136



## Why you need to schedule a fitting

Sorry, most of us aren't the standard 34B that big-box stores carry, and wearing a bra that fits you well is crucial. According to O'Connell, most women who aren't getting the proper support complain about the following: back pain, poor posture, shoulder pain, headaches and insecurity. And wearing an ill-fitting bra can contribute to future sagging. Her advice: If you haven't already, make an appointment at a lingerie boutique for a fitting to make sure you are wearing the right size bra. Rigby & Peller sells bras in band sizes from 30-46 and cup sizes A-K.

Rigby & Peller: 1252 Madison Ave. 212-860-8366 New York, NY 10128 Tel: (212) 860-8366 **ALL IMAGES PROVIDED**

## Strapless

Lets just call this bra the hardest working soldier in your squad. "People have a lot of bad experience with strapless bras," says O'Connell. "But a good strapless should keep you comfortable and contained for the duration of your event." Her tip to finding the best fit: You want to have a firm back band — 100 percent of the support is coming from the band — and the right cup size so you're not spilling out.

PRIMA DONNA TWIST HAPPINESS PEACHY SKIN BRA, \$148



## A convertible bra

Heading to that wedding in Ojai? You'll want to pack a convertible bra, which is a bra with removable straps that works with a variety of outfits. "It's a necessity for strapless tops, tops or dresses with one strap and especially racerback tank tops," says O'Connell. Meaning it'll take you through the early morning stroll into a late night dance-a-thon.

MARIE JO AVERO BALCONETTE BRA, \$131

## A statement bra

You know, that hot-pink lacy number or floral demi cup that makes you feel like Anita Ekberg in "La Dolce Vita." "These are your confidence boosters," says O'Connell. "Maybe you're the only one who is going to see it, but it will make you feel good all day. And if your strap shows, you're like 'yeahhh.'"

MARIE JO LAVENTURE AZUMA FLOWERED BRA, \$130



## Sports bra

If you're hitting the gym, O'Connell recommends going for a cup-sized sports bra instead of the low-impact ones which are sized small, medium or large.

"You want cup separation just like with your regular bra, and extra support when you're doing physical activities," she advises.

ANITA ACTIVE SPORTS BRA BLACK & GREEN, \$73

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# Quiz: What type of runner are you?

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#### 1 Where are you most likely to get your run on?

- a. Pounding the city streets with your favorite friends
- b. A running club in the park
- c. Trails off-the-beaten-road

#### 2 What do you usually do after a workout?

- a. Hit up a favorite smoothie bar
- b. Shower and collapse
- c. Hydrate with a beer

#### 3 Where do you get your running inspiration from?

Let's face it: Runners are a weird subset of people. But there are a lot of different types of runners, each weird in their own ways. Comedy writer and runner Mark Remy wrote a whole guide, "Runners of North America," highlighting the strange

- a. Your Instagram feed is full of #fitspiration
- b. Your marathon goal keeps your training on track
- c. Mother Nature, man

#### 4 What's for breakfast?

- a. Grande skim latte
- b. Oatmeal
- c. Bacon

#### 5 What is the last running event you participated in?

- a. A 5k charity walk with your squad
- b. A half-marathon, to prep you

habits of various runners — everyone from the Newbie Runner to the Dramatic Weight Loss Runner and the 7-Minute Mile Guy.

We created a quiz based on three of the sub-species of runners. Find out which one you are.

- a. Your next race
- b. Cross-country trail run outside of the city

#### 6 Is running a group activity?

- a. Absolutely — it's way more fun with friends
- b. Only if the people in it don't slow you down
- c. Nope

#### 7 What do you love most about running?

- a. An excuse to buy \$80 leggings at Lululemon
- b. The feeling of breaking through a period of suffering
- c. Connecting with nature

### Results: (Excerpted from "Runners of North America")



**Mostly A's: The Fashion Mag Runner**  
With her matching sports bra (\$54), tech racerback shirt (\$48) and crop pants with mesh panels and flat seams in four-way Lycra stretch fabric (\$96), the Fashion Mag Runner looks terrific. She runs "a couple times a week," but most days spends several hours dressed like she's ready to go for a run.



**Mostly B's: The Elite Runner**  
As a group, Elite Runners are nearly universally humble and polite. They're just so good that anyone else can't help but seem clumsy and slow

by comparison. The Elite Runner, tragically, has a comparatively short running lifespan. He or she might expect anywhere from five to 10 years of truly peak performance, meaning "years in which he or she can realistically vie for podium spots, paydays and sponsorships."



**Mostly C's: The Trail Runner**  
These shy, slender creatures, while relatively small in number, are among running's most graceful and exotic specimens.

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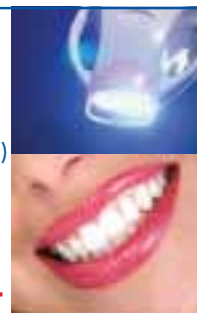


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# Is the workforce ready for Gen Z?



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They're pragmatic, risky and they don't expect loyalty from their employers. What does "iGen" have to lose?



**ALIZAH SALARIO**  
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The next generation has come of age, and they're getting the online analysis treatment. But at least they were groomed for it.

Enter Generation Z — aka iGen — those born between 1995-2012, currently entering the workforce in droves. Here's what a handful of career experts have to say about the values and professional goals of Gen Z.

cannot offer monetary pay but are interested in a service exchange, or with people who are interested in collaborative projects," says Ahn.

In other words, Gen Z has the tools to bypass the traditional gatekeepers, and connect directly with mentors and potential collaborators. Are you listening, aspiring entrepreneurs and creative types?

career coaches and academic advisers to offer more than information downloads.

"There is a movement among career centers to rethink the current model to allow Gen Z to apply a 'design-thinking' approach to building their authentic careers," Ahn says.

Design thinking, an outside-the-box approach to problem-solving that takes numerous solutions into account, seems like a fitting approach for a generation that isn't bound by rigid ideas of how career trajectories "should" look.

## 1 They're always on

For Gen Z-ers, the term "digital native" is almost quaint, and the line between work and play isn't just blurred, it's basically nonexistent, says Louis Gaglini, associate director of employer engagement at Boston College's career center.

"What's different are the expectations. On my part, and on the part of employers, if I put something out on social media, and if you [students] missed it, it means you either missed it intentionally because you're not interested, or you missed it because you're not in the game," says Gaglini.

Though Gen Z uses various platforms — blogs, personal websites, networking sites and social media platforms — they consider early exposure as important, if not more, as economic gain, says Kelly Ahn, director of career services at The New School.

"As Gen Z value community-sharing and experience-based learning, they utilize these platforms as a way to connect with people who

## 2 They're more practical — and they take more risks

Gen Z had a somewhat bifurcated economic experience growing up. They came of age during a period of economic calamity — while "unicorn" startups like Facebook and Instagram made unexpected entrepreneurs billionaires before their 30th birthdays.

But Zers are a pragmatic generation too, says Ahn.

"They saw their parents go through the Great Recession holding multiple jobs or going to school while working. They've also seen the evolution of entrepreneurs, where some make it big and others may carry on mixing various careers, continuing their passion in subsequent projects. What is perceived to be risky or disruptive has changed for this generation."

## 3 They want a personalization

Because Gen Z was basically born knowing how to Google, they expect

## 4 They don't expect loyalty

"People in career centers understand that the people graduating now will likely have as many as five or six career paths, and as many as 20 to 25 jobs before they retire. And that's accepted," says Gaglini.

Gen Z tends to see other aspects of traditional workplaces — like a structured work schedule and reporting hierarchy — as unnecessary or irrelevant.

"They tend to split tasks where the line between work and play blurs," Ahn says. "Company loyalty doesn't seem as high as in previous generations, as many Gen Z students do not expect to work for one company for many years."

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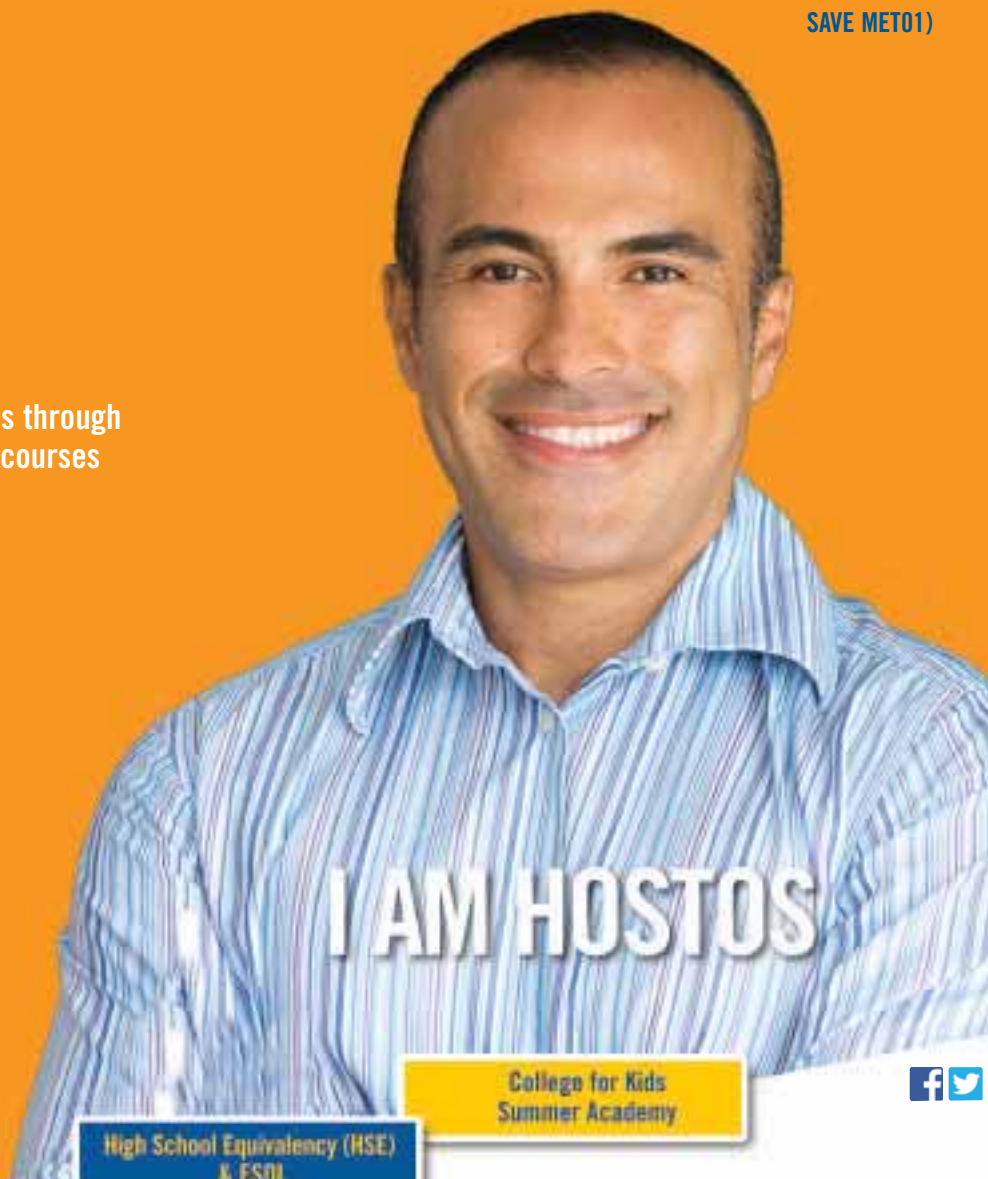
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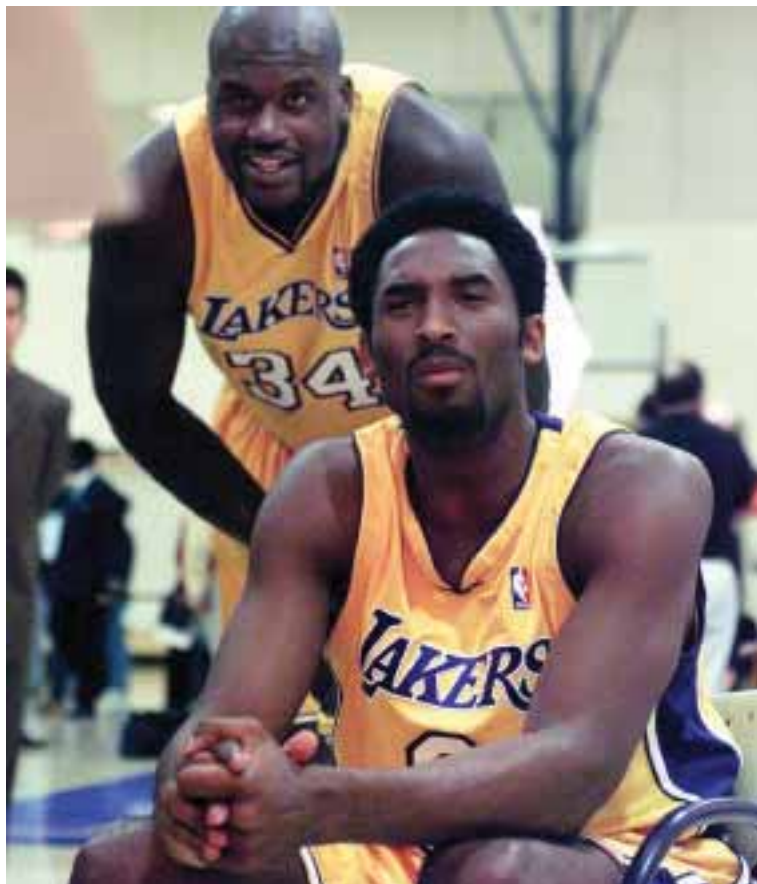
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Many readers were confused as to why Kobe Bryant and Shaquille O'Neal were absent from the list. GETTY IMAGES

# Metro readers slam our top-10 NBA players list

We give feedback to your feedback regarding the greatest NBA players of all time.



MATT BURKE  
@burke\_metro  
matthew.burke@metro.us

Most of the backlash from my Top 10 NBA Players of All-Time list centered around Kobe Bryant and Wilt Chamberlain being slighted. Many were outraged that Kobe didn't make the list at all and many thought Wilt deserved to be much higher.

Here are some of the best reader responses we received, and my feedback to your feedback.

- prime. Who is Dr. Jay? I assume you mean Dr. J, who wouldn't crack my top 20.
- Karl Malone is the third best power forward in history behind Tim Duncan and Charles Barkley.

**J.T. Potter:** It is evident you know nothing about sports with a list like the one printed in Metro 5/25/16. Have you ever played? Do you even own a jock?

**Burke:** Dude. I was captain of my high school basketball team, OK. We went 3-17 my senior year in a below average league in Massachusetts. I think I know what I'm talking about here.

**Carlin Saafir:** Russell won most of the titles during that time because he had a much better supporting cast. By the time younger players like Jordan, Duncan and LeBron arrived, there were many more teams and the league was watered down. Don't judge Wilt on how many titles he won. He is the most dominant player who ever lived.

**Burke:** If Wilt and Russell played during this current era of social media, Wilt would be eviscerated on the daily for caring far more about his own statistics than winning titles. The scoreboard is easy to read. Russell won 11 friggin' titles. Eleven! Wilt won two, and one of them came after Russell retired. 11-2 is damning for Wilt, and I don't want to hear about how Wilt never had a legit supporting cast. He had Jerry West and Elgin Baylor in the 1969 finals and his Lakers still lost to the Celtics. He played on teams with Hall of Famers like Nate Thurmond, Tom Gola and Paul Arizin. Wilt had plenty of opportunity to make these players even better

## Top 10

1. Michael Jordan
2. Bill Russell
3. Magic Johnson
4. Larry Bird
5. Kareem Abdul-Jabbar
6. Tim Duncan
7. Wilt Chamberlain
8. Jerry West
9. LeBron James
10. Oscar Robertson

than they were, just like Russell made his teammates better. Wilt didn't, and that's why he'll go down in the record books as the most celebrated loser of all-time.

**Rafee Kamaal:** Michael Jordan ahead of Kareem Abdul-Jabbar is ridiculous, just compare the stats.

**Burke:** I thought everyone agreed that Jordan was the greatest. I guess not. Also, it's clear that I don't value stats all too much in these arguments. It's extremely difficult to compare stats between eras. Top guys in the '50s and '60s were pulling down 25 and 30 rebounds in games on the regular. Did the next few generations just forget how to rebound, or does it have something to do with the rules and the competition during those days?

**Oscar:** What about the Dr. Julius Erving, the Iceman George Gervin, Rick Barry, Elvin Hayes, Elgin Baylor, Walt Frazier, Earl the Pearl Monroe, Dave Bing just to name a few. If we are considering all the NBA players when trying to get to the top 10 there's a lot of work to be done. Thanks.

**Burke:** LeBron would tomahawk dunk on all of 'em.

For much more NBA reader feedback, please visit Metro.us

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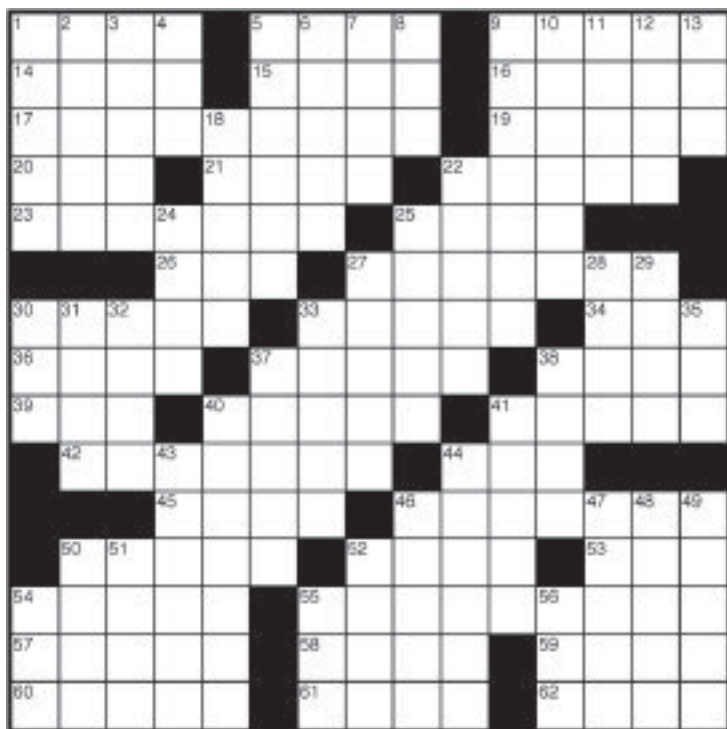
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## metro.us/crossword



### Across

- 1 Bud holder
- 5 Goalie's feat
- 9 Minty quaff
- 14 Commodious ships
- 15 Noted groundhog
- 16 All kidding —
- 17 One pursued by a rake (2 wds.)
- 19 Raise reason
- 20 This — stickup!
- 21 It may be raw
- 22 Officer wannabe
- 23 Flooded
- 25 Left the plane
- 26 Enlightened Chinese dynasty
- 27 Coffee additive
- 30 Chain mail
- 33 Brahma, Vishnu and —
- 34 Belly dance instrument
- 36 Wordy Webster
- 37 Open-eyed
- 38 Friendly
- 39 "Car Talk" network
- 40 Bete —
- 41 Unwieldy
- 42 Quote
- 44 Director's shout
- 45 Troubadour prop
- 46 Yuletide quaff
- 50 Persona non —
- 52 Sash filler
- 53 Merkel of "Destry Rides Again"

## metro.us /games

- 8 Brownie
- 9 Reggae's island
- 10 Did, once (2 wds.)
- 11 Milan money, once
- 12 Proofread
- 13 Favorite
- 18 Psychic — Cayce
- 22 Cussler of "Sahara"
- 24 Oops! (hyph.)
- 25 Take — —!
- 27 Horoscope
- 28 Make cloudy
- 29 Ick!
- 30 Abby's sister
- 31 Snare a steer
- 32 Harpo or Chico
- 33 Lift, slangily
- 35 "L.A. Law" star
- 37 Main artery
- 38 Sundae topping
- 40 Idling gear
- 41 Urban transport
- 43 Will provision
- 44 Vancouver puckster
- 46 Ice, actually
- 47 Mystiques
- 48 Sluggish
- 49 Clapton tune
- 50 FBI agent (hyph.)
- 51 Audition hope
- 52 Soccer star
- 54 Get nosy
- 55 Luck
- 56 Edible seed

- 54 Romance in France
- 55 One lion to another (3 wds.)
- 57 Zesty dip
- 58 He played Obi-Wan
- 59 Tarzan, really
- 60 Pay homage
- 61 Job benefit
- 62 Whodunit terrier

### Down

- 1 Logically sound
- 2 Popped up
- 3 Cheers!
- 4 Hairpin curve
- 5 Internal organ
- 6 Winning
- 7 Mini-bottle

## metro.us/sudoku

easy

	2						6	8
		6		9	8		3	4
	7		1			5		
		1	7					
6	8			1			7	2
					5	6		
		9			2		5	
8	6		5	3		4		
1	5						8	

hard

	5	1	7					3
			5			2		1
			8		1		7	9
5						3		
		2	9	5	8	7		
		8						2
9	8		4		2			
2		3			6			
6					5	8	2	

## metro.us/horoscopes



**Aries** Emotional energy will surface and should be channeled into making personal gains and physical improvements and finding new ways to make your assets grow.



**Taurus** If you share your knowledge with people you regard highly, the information you get in return will give you the motivation and wherewithal to follow your heart and dreams.



**Gemini** Versatility, discipline and adaptability will help with any damage control necessary when dealing with underhanded people. Protect your heart, body and soul.



**Cancer** Stretch your imagination and offer off-beat suggestions. Your popularity will grow, and opportunities will arise that you cannot refuse. Put possessiveness and jealousy aside.



**Leo** Show good faith and help others. Step up and make a difference in your community, work and family. Don't lecture when hands-on help will make the biggest impact.



**Virgo** Cash will come your way from an unexpected occurrence. Someone will try to take advantage of your vulnerability. Look at the big picture and know when to say no.



**Libra** You'll captivate the people you encounter with your intelligence, charm and compassion. A proposal will come as a surprise. Greater personal security is heading your way.



**Scorpio** High energy coupled with unique ideas will put you in the driver's seat when dealing with others. Your ability to use current trends to your advantage will pay off.



**Sagittarius** Don't cave under pressure. Know that regardless of what others do or say, you have to trust in your abilities and do what works best for you.



**Capricorn** If you take care of personal matters, you will find it easier to make snap decisions in fraught situations. Stand behind your beliefs, and reject manipulative tactics.



**Aquarius** Make your home a place of comfort in order to attract welcome visitors. A positive change in your life will stem from a romantic relationship.



**Pisces** Keep demanding people at a distance. You can be far more effective if you put your energy into working alongside people with goals similar to yours. **EUGENIA LAST**

### Yesterday's answers



Can't wait until tomorrow to check your answers? Visit [metro.us](http://metro.us)

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**12pm - 2pm**  
  
**CHRIS SNEE**  
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**BOOMER ESIASON**  
WFAN Radio  
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**12pm - 2pm**  
  
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